

MOVE IT! *FOR YOUR BODY FOR YOUR HEALTH FOR YOUR SELF*

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45 minute class could give you a new look without the chisel. We start with a 10 minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

Long and Lean NEW!

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Pilates/Strength Work

Pilates is a unique form of strength work that emphasizes the mind/body connection. Our lively class combines Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, flexibility, and balance. Become fitter and healthier in new ways! Bring hand weights and a mat to class.

North Kirkland Community Center

12421 103rd Ave NE, Kirkland WA

425.587.3350

/// Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! /// — Jane V.



**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

SPRING 2013

All classes on this page included with your
Move It! Pass: Resident \$83 / Non-Resident \$100
To register use class #38910

Pilates/Yoga

Combine the benefits of core conditioning Pilates movement with gentle restorative fitness-based yoga movements for an effective, balanced workout. Increase strength, coordination and flexibility in new ways with this blended format. Please bring a mat to class.

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba

Join us on Monday and Thursday evenings and Saturday mornings. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

MORNING CLASSES

10 weeks // April 1–June 8 // No class May 25–27

| DAY | CLASS NAME | TIME | INSTR. |
|------|-------------------------|--------------|--------|
| Mon | Power Hour | 9:15–10:15am | Laura |
| Tue | Strength & Stretch | 8:00–9:00am | Jane |
| Wed | Strength & Stretch | 8:00–9:00am | Jane |
| Wed | Power Hour | 9:15–10:15am | Laura |
| Thur | Strength & Stretch | 8:00–9:00am | Jane |
| Fri | Low Impact Aerobics | 8:00–9:00am | Jane |
| Fri | Power Hour | 9:15–10:15am | Laura |
| Sat | Total Body Conditioning | 8:30–9:30am | Joleen |
| Sat | Zumba | 9:40–10:40am | April |

EVENING CLASSES

10 weeks // April 1–June 8 // No class May 25–27

| DAY | CLASS NAME | TIME | INSTR. |
|------|---------------------------|-------------|--------|
| Mon | Zumba | 5:30–6:15pm | Sheila |
| Mon | Circuit Training | 6:30–7:20pm | Joleen |
| Mon | Pilates/Strength | 7:25–8:10pm | Joleen |
| Tue | Body Sculpting | 5:30–6:15pm | Sandra |
| Tue | Dance Aerobics | 6:20–7:10pm | Laura |
| Wed | Circuit Training | 6:30–7:20pm | Joleen |
| Wed | Pilates/Yoga | 7:25–8:10pm | Joleen |
| Thur | Body Sculpting | 5:30–6:15pm | Sandra |
| Thur | Long and Lean NEW! | 6:20–7:10pm | Laura |
| Thur | Zumba | 7:15–8:15pm | April |

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

MOVE IT!

SUMMER 2013

All classes on this page included with your
Move It! Pass: Resident \$90 / Non-Resident \$108
To register use class #38911

MORNING CLASSES

11 weeks // June 10–Aug 24 // No class July 4th

| DAY | CLASS NAME | TIME | INSTR. |
|------|-------------------------|--------------|--------|
| Mon | Power Hour NEW! | 9:15–10:15am | Laura |
| Tue | Strength & Stretch | 8:00–9:00am | Jane |
| Wed | Strength & Stretch | 8:00–9:00am | Jane |
| Wed | Power Hour | 9:15–10:15am | Laura |
| Thur | Strength & Stretch | 8:00–9:00am | Jane |
| Fri | Low Impact Aerobics | 8:00–9:00am | Jane |
| Fri | Power Hour | 9:15–10:15am | Laura |
| Sat | Total Body Conditioning | 8:30–9:30am | Joleen |
| Sat | Zumba | 9:40–10:40am | April |

EVENING CLASSES

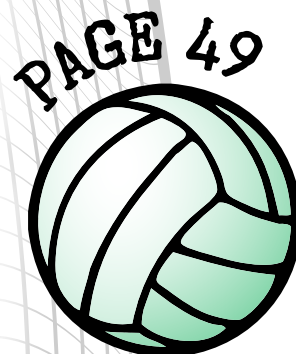
11 weeks // June 10–Aug 24 // No class July 4th

| DAY | CLASS NAME | TIME | INSTR. |
|------|-------------------|-------------|--------|
| Mon | Zumba NEW! | 5:30–6:15pm | Sheila |
| Mon | Circuit Training | 6:30–7:20pm | Joleen |
| Mon | Pilates/Strength | 7:25–8:10pm | Joleen |
| Tue | Body Sculpting | 5:30–6:15pm | Sandra |
| Tue | Dance Aerobics | 6:20–7:10pm | Laura |
| Wed | Circuit Training | 6:30–7:20pm | Joleen |
| Wed | Pilates/Yoga | 7:25–8:10pm | Joleen |
| Thur | Body Sculpting | 5:30–6:15pm | Sandra |
| Thur | Long and Lean | 6:20–7:10pm | Laura |
| Thur | Zumba | 7:15–8:15pm | April |

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

SPEND YOUR SUMMER ON THE SAND!

New Adult Beach Volleyball now at
Juanita Beach Park! Two divisions
available with games on Monday
or Tuesday evenings.



Prenatal Yoga **NEW!**

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing; helping to instill a feeling of trust in one's own inner wisdom during this time of change. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, improve posture and breathing and increase overall comfort. **No prior yoga experience is necessary.**

Prenatal Yoga is safe to take throughout your pregnancy, it is best for beginners (with no prior yoga experience) to start a series at 3 months and can continue until giving birth.

Phyllis Moses is a Certified Viniyoga instructor (RYT-500), and Yoga Therapist, with a focus in prenatal yoga and has over 20 years' experience teaching.

*Location: PKCC • 6 classes
Resident \$90 / Non-Resident \$108*

| | | | |
|-----|----------|----------------|-------|
| Tue | 5–6:15pm | Apr 9–May 14 | 39299 |
| Tue | 5–6:15pm | May 21–June 25 | 39300 |
| Tue | 5–6:15pm | July 2–Aug 6 | 39301 |

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! **All abilities welcome.**

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

4 classes • No Class 7/4 • Resident \$35 / Non-Resident \$42

| | | | |
|------|---------------|-----------------|-------|
| Thur | 10:30–11:30am | Apr 4–25 | 38100 |
| Thur | 10:30–11:30am | May 2–23 | 38101 |
| Thur | 10:30–11:30am | May 30–June 20 | 38102 |
| Thur | 10:30–11:30am | June 27–July 25 | 38105 |

2 classes • Resident \$18 / Non-Resident \$22

| | | | |
|------|---------------|---------|-------|
| Thur | 10:30–11:30am | Aug 1–8 | 38106 |
|------|---------------|---------|-------|

Pilates **NEW!**

Pilates is a form of exercise that develops core strength. It emphasizes the balanced development of the body through flexibility, balance, coordination, and strength. Pilates creates awareness in order to support efficient, graceful movement.

*All abilities welcome • Location: PKCC
Instructor Rhianna Ryer • 6 classes
Resident \$45 / Non-Resident \$54*

| | | | |
|-----|-------------|-----------------|-------|
| Tue | 6–7pm | April 16–May 21 | 39291 |
| Tue | 6–7pm | May 28–July 2 | 39292 |
| Tue | 6:30–7:30pm | July 9–Aug 13 | 39293 |

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. **This class likes to laugh and have fun!**

*Location: PKCC • 6 classes • No class May 13, 15, 20, 22 & 27
Resident \$54 / Non-Resident \$65*

| | | | |
|-----|-------------|-----------------|-------|
| Mon | 5:30–6:30pm | Apr 15–June 10 | 38108 |
| Wed | 5:30–6:30pm | Apr 17–June 5 | 38109 |
| Wed | 5:30–6:30pm | June 12–July 17 | 38116 |
| Mon | 5:30–6:30pm | June 17–July 22 | 38110 |

Aerobic Kick Boxing

This class blends your hidden personal powers with the tried and true technique of personal self-defense, dance, and kick boxing, all set to today's hottest music. It's easy. There's no complicated choreography to make you feel out of step. Participants from all walks of life describe the experience as energizing, explosive, uplifting, and just plain fun!

*Location: Miller's Martial Arts Academy
8920 122nd Ave, NE Kirkland*

**10 weeks • No class 5/25
Resident \$71 / Non-Resident \$85**

| | | | |
|-----|----------|---------------|-------|
| Sat | 9–9:45am | Apr 6–June 15 | 39101 |
|-----|----------|---------------|-------|

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? You wonder if someone intends to harm you. In just 5 hours you'll learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. **This is a great class to take with a friend.**

*Bring a light lunch or snack, and a water bottle
Instructor: Joann Factor • Location: NKCC
Resident \$97 / Non-Resident \$116*

| | | | |
|-----|----------|--------|-------|
| Sat | 11am–4pm | June 1 | 39102 |
|-----|----------|--------|-------|

